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# Food Fair



District & State 4-H O-Rama  
Junior & Senior 4-H'ers



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The Food Fair is held so that 4-H members may demonstrate their interest, knowledge, skills, and achievements in foods and nutrition subject areas.

## OBJECTIVES

Targeted Life Skills: healthy lifestyle choices, disease prevention, critical thinking and decision making, communication, wise use of resources, planning and organizing.

4-Hers will:

1. Show knowledge and skills in planning balanced meals and selecting, purchasing and preparing foods.
2. Increase understanding and be able to discuss principles of nutrition and the nutritional contribution of selected food items.
3. Apply principles of food safety and sanitation to selected foods.
4. Be able to discuss and justify decisions made regarding food and its use.
5. Develop skills in decision making regarding foods and nutrition; learn to recognize reasons for decisions; and develop the ability to express reasons orally.
6. Develop leadership talents and to work toward achieving the broad objectives of character and effective citizenship.

## COMPETITIVE TOPICS

1. Fruits & Vegetables, Activity Code: FS-18
2. Arkansas Foods (Poultry, Rice, Soybeans, Beef, Pork, Dairy, Tomatoes, Catfish), Activity Code: FS-19
3. Breads, Activity Code: FS-20
4. \*Eggs, Activity Code: FS-21
5. Healthy Snacks, Activity Code: FS-22

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\* The senior with the highest score on an illustrated talk/method demonstration in the Eggs competitive topic area will be eligible to represent the University of Arkansas 4H program at the National Egg Preparation Contest in Louisville, KY.

## ELIGIBILITY

- Each county may enter one junior and one senior 4-H member at the District 4-H O-Rama.
- Seniors placing in the top seven at the District 4-H O-Rama's are eligible to compete at the Arkansas 4-H O-Rama.
- A senior placing first in Food Fair in any previous year is not eligible to compete again.

## DISTRICT 4-H O-RAMA

### The Activity

Junior Level: The activity will consist of an illustrated talk or a method demonstration, 2-5 minutes in length.

4-H members should develop a talk about food(s) from one of the five Competitive Topic areas listed on page 1. Because of time limitations, it is suggested that talks be focused on one specific aspect of the food and its use. Suggestions for possible topics include, but are not limited to:

- Use of the food in a recipe
- Contribution of the food in meeting MyPlate recommendations
- Nutritional value of the food and its contributions to a youth's diet
- Safety considerations in preparing, serving and storing the food

Senior Level: Prior to the District O-Rama, seniors should select a recipe that is consistent with the Dietary Guidelines for Americans (low in solid fat, added sugar, sodium and refined grains) and meets the criteria for their competitive topic area (see page 4). Participants should bring three (3) copies of the recipe, neatly printed or typed on the attached form (page6) or in the same format as outlined on page 6, to the District O-Rama. Recipes should include nutrient analysis on a per serving basis. Seniors who fail to bring the 3 copies of the recipe on the correct form or in the correct format will not receive any of the 5 Bonus Points possible for the recipe.

The District Activity will consist of an illustrated talk or a method demonstration, 5-8 minutes in length, describing the recipe and reasons for selecting it. Talk should also include a description of knowledge gained in preparing the product and in working with the recipe to prepare for

O-Rama. Participants should include the following in their presentations:

- Category they have chosen and why
- Reasons for selecting the recipe
- Use of the product in a menu and analysis of how the proposed menu the MyPlate recommendations for teen boys or girls
- Suggestions for revising the recipe to make a healthier product or to add variety to the diet

- Major nutrients in the product and the importance of each nutrient to a teenager's health
- Economic and time management issues related to preparation of the recipe
- Safety practices in preparing, serving and handling leftovers of the product

## JUDGING

The illustrated talk section of both the Junior and Senior portions of the activity will be judged on the standard "Score Sheet for Method Demonstrations and Illustrated Talks." Total points awarded for the junior activity will be based on the illustrated talk (100 points). Participants speaking on topics other than the five Competitive Topic areas listed on page one will not receive any points for the body of the talk. In the event of a tie, the contestant with the highest score for the body of the talk will be declared the winner of the tie.

For the senior activity, a maximum of 100 points will be awarded for the illustrated talk. Participants speaking on topics other than the five Competitive Topic areas listed on page one will not receive any points for the body of the talk. Up to 5 Bonus Points may be awarded to seniors providing 3 copies of their recipe neatly printed or typed in the format outlined on the attached form (page 6) with nutrient analysis per serving. No bonus points will be awarded for recipes not in the format outlined on the attached form. Placements will be assigned based on total points accumulated. In the event of a tie, the contestant with the highest score for the body of the talk will be declared the winner of the tie.

## ARKANSAS 4-H O-RAMA

### The Activity and Judging

Illustrated talk/method demonstration. This part of the activity remains the same as for District 4-H O-Rama, senior level. Participants should bring 3 copies of their recipe neatly printed or typed in the format outline on the attached form (page 6) to the state O-Rama. Recipes should include nutrient analysis on a per serving basis. No bonus points will be awarded for recipes that are not in the format outlined on the attached form (page 6). Participants should be ready to answer judges' questions regarding their recipe. In the event of a tie, the contestant with the highest combined score for the body and the summary of the talk will be declared the winner of the tie.

## AWARDS

District 4-H O-Rama: In both senior and junior divisions, a trophy will be awarded the first-place winners and ribbons will be awarded to the second-, third-, fourth-, and fifth-place winners.  
Arkansas 4-H O-Rama: A trophy will be awarded to the sweepstakes winner and ribbons to second-, third-, fourth-, and fifth-place winners.

The senior receiving the highest score on an illustrated talk/method demonstration in the Eggs (Activity Code: FS-21) topic area will be eligible to represent the University of Arkansas 4-H program at the National Egg Preparation Contest in Louisville, KY.

## SUGGESTED RESOURCES

For information on the Dietary Guidelines for Americans go to:

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

For more information on MyPlate go to: <http://www.choosemyplate.gov>

For information on Food Safety go to:

Fight Bac! Fact Sheets – linked on this page: <http://www.fightbac.org/>

and <http://www.fightbac.org/food-safety-basics/the-core-four-practices/> and

<https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299>

## PREPARED BY

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## CRITERIA FOR FOOD FAIR COMPETITIVE TOPICS

### Fruits and Vegetables (FS-18)

1. Must contribute at least one serving of a fruit or vegetable per recipe serving. A serving is a medium piece of fruit, ½ cup cut or cooked fruit or cooked vegetable, 1/2 cup (4 ounces) 100% juice, 1 cup leafy greens, or 1/4 cup dried fruit.
2. A recipe may not contain more than 3 grams of total fat; not more than 10% calories from saturated fat; not more than 100 milligrams of cholesterol; and not more than 480 milligrams sodium per serving.

### Arkansas Foods (Poultry, Rice, Soybeans, Beef, Pork, Dairy, Tomatoes, Catfish) (FS-19)

1. If talk is about rice or soybeans, recipe must contain at least ½ cup of rice or ½ cup of soybeans per serving.
2. If talk is about beef, pork, poultry, or catfish, recipe must contain at least 2 ounces of cooked or 3 ounces of raw beef or pork or poultry or catfish.
3. If talk is about dairy foods, recipe must contain at least 1 cup of low fat or fat free milk or yogurt or 1½ ounces of cheese per serving.
4. Per serving, a recipe should not contain more than 13 grams of total fat, 4 grams of saturated fat or 480 milligrams of sodium.
5. Participants should include information on the contributions of their Arkansas Food to the state's economy when preparing a presentation in this food topic.

### Breads (FS-20)

1. Items made of flour and liquid with leavening and additional flavorings and baked. Recipes may be for either Quick Breads or Yeast Breads.
2. Recipes involving the use of purchased mixes will be disqualified.
3. Per serving, a recipe should not contain more than 13 grams of total fat, 4 grams of saturated fat or 480 milligrams of sodium.

### Eggs (FS-21)

To be considered an Egg dish, a recipe must:

1. Include a minimum of:
  - ❖ One-half egg per serving if an appetizer or snack
  - ❖ One-half egg per serving if a dessert
  - ❖ One egg per serving if a main dish

(Note: Numbers above represent eggs to be broken; use of the entire egg is not required. For example, a dessert serving six may be made from three egg whites).

2. Allow for adequate cooking of the eggs. Recipes containing uncooked eggs in the finished product are not acceptable (food safety).
3. Per serving, a recipe should not contain more than 13 grams of total fat, 4 grams of saturated fat or 480 milligrams of sodium.

## Healthy Snacks (FS-22)

A recipe may not include more than 13 grams of fat; not more than 4 grams of saturated fat; not more than 100 milligrams of cholesterol; and not more than 480 milligrams sodium per serving. This topic includes any food that can be used as an appetizer or between-meal snack.

## Nutrition Criteria Determination

The nutrition criteria for the Fruits and Vegetables topic area is based on the Produce for Better Health Foundation's Fruits and Veggies More Matters criteria for processed fruit and vegetable products.

The nutrition criteria for the other four topic areas are based on 20% of the standard Daily Value recommendations for a 2000 calorie diet (FDA). Amounts above 20% of the daily value for any nutrient means the food is high in that particular nutrient.

## RECIPE

Name \_\_\_\_\_ County \_\_\_\_\_

Recipe Title \_\_\_\_\_

Circle	Fruits &				Healthy
Competitive	Vegetables	Arkansas Foods	Breads	Eggs	Snacks
Topic:	FS-18	FS-19	FS-20	FS-21	FS-22

Number of Servings \_\_\_\_\_ Serving Size: \_\_\_\_\_

Ingredients: (in order used)

Instructions:

Nutrition information per serving: